

Disclaimer

We hope you find the information on our website and resource useful. The description of any physical activity contained within this resource is intended as a general guide only. It may not fit your specific situation. You should not rely on the resource to be right for your situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating. You are responsible for carrying out proper risk assessments on the activities and for providing appropriate supervision. We are not responsible for the health and safety of your group or environment so, insofar as it is possible under the law, we cannot accept liability for any loss suffered by anyone undertaking any activity or activities referred to or described in this resource. It is also your responsibility to ensure that those participating in the activity are fit enough to do so and that you or the organisation you are organising it for has the relevant insurance to carry out the physical activity. If you are unsure in any way, we recommend that you take guidance from a suitably qualified professional.

Jungle Yoga Story: Tarzan's Missing Marshmallow

Age	3-11
National Curriculum	Develop balance, agility and coordination.
Time	Approximately 20 minutes but this can be flexible, according to age.
Preparation	Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs. If possible, have some jungle-themed toys or pictures to promote discussion.
Opener	<p>Today, we're going on a jungle adventure with Tarzan. What do you already know about the jungle? What is it like there? What do you think you might see in the jungle? What sounds do you think you might hear in the jungle?</p> <p>Remind the participants of the safety rules:</p> <ul style="list-style-type: none"> • Adapt: Make poses easier if your breathing isn't smooth. • Breathe evenly: Take easy breaths in each pose. • Enjoy it: Move in a way that feels good. If it hurts at any point, stop. • Keep safe: Don't touch others and use support where necessary.
Main Section	<p>Let's begin. Sit cross-legged with your back straight, shoulders back and chin tucked in towards your chest. Place your palms together in front of your heart and bow forwards. Make sure to say our special yoga password – Namaste (Nam-as-tay).</p> <p>Slide 3: Warm-Up</p> <p>Pretend you are in the middle of the jungle. Can you find your way through the jungle plants? Brush them away with your your hands, your arms, your legs and even your head! Imagine you are swinging through the jungle, catching one vine after another. Now the vines are further apart; you're going to have to stretch and leap! Take care not to touch anyone while you leap around the room like Tarzan. Pretend you are swinging through the trees looking for marshmallows. Swing high, swing low. Now, swing yourself back to sensible standing.</p> <p>(Read the story on each slide of the PowerPoint first before following the accompanying yoga pose instructions below.)</p> <p>Slide 4: Pose 1 – Red-Eyed Frog</p> <p>This pose will stretch your hips. Lift your hips higher if it feels uncomfortable at any point.</p> <ol style="list-style-type: none"> 1. Stand up tall with your feet a little apart and toes pointing out. 2. Slide your hands down your legs and bend your knees. 3. Sink your hips towards the floor. 4. Place your palms on your thighs or on to the floor. 5. Now press into your feet to come back to standing. 6. Repeat this pose twice.

Main Section

Slide 5: Pose 2 – Lion

This pose will use your shoulders and breathing. Your shoulders will press down towards the floor. Raise your hips away from your feet if you are uncomfortable at any point.

1. Start by kneeling with your hips as high as you need them to be.
2. Slide your palms down your thighs.
3. As you breathe out, press your shoulders down.
4. Make your hands into claws.
5. Make a silent roar.
6. Now come back up and be a friendly lion.
7. Do this again if you would like to.

Slide 6: Pose 3 – Crocodile

This pose lifts your hips higher than your heart. Your shoulders stay down while your feet and legs stay strong. Lower your hips if you need to.

1. Lie on your back.
2. Bring your feet close to your hips.
3. Press into your feet to lift your hips.
4. Stretch your hands overhead and on to the floor. Imagine your arms are crocodile jaws.
5. Keep your shoulders relaxed and breathe.
6. Now, slowly and gently bring your hips down.
7. Repeat this pose if you would like to.

Slide 7: Pose 4 – Boa Constrictor

This pose needs a strong tummy and back. Keep closer to the floor if you're not sure or if you are uncomfortable at any point.

1. Move smoothly and gently.
2. Start on your tummy.
3. Hands are under your shoulders.
4. Elbows are close to your body.
5. Press into your hands to come up a little. Taste the air like a snake.
6. Rest down.
7. This time come up a little higher as you breathe in.
8. Light up your beady snake eyes, then come down to rest.
9. Repeat this pose if it feels good.

Slide 8: Pose 5 – Giraffe

This pose will help you to balance. Your feet need to be steady on the ground. If you wobble, come back to standing and make sure not to touch anyone.

1. Start in standing.
2. Step one foot forwards.
3. Keep both feet steady on the floor.

Main Section

4. Float your hands up overhead and get tall.
5. Now, come on to your tiptoe hooves – try not to wobble!
6. Bring your feet flat on to the floor.
7. Repeat this pose if you would like to.

Slide 9: Pose 6 – Orangutan

This pose helps your spine twist as you move your head gently and smoothly. Your bottom needs to stay even on the floor.

1. Sit with your feet out in front.
2. Bring your orangutan feet together so the soles of your feet touch.
3. Twist your tummy round and move your long orangutan arms.
4. Let your hand rest on your opposite knee.
5. Your free hand can, light as a feather, rest on the floor.
6. Breathe and enjoy the pose.
7. Smoothly, come back out of the pose.
8. Repeat this on the other side.

Slide 10: Pose 7 – Elephant

This pose will stretch your chest. Move in a way that is comfortable for you. Move your arms less if it feels better.

1. Start in standing with one foot forwards.
2. Let your back, shoulders and one hand come down.
3. Imagine one hand is your long trunk and that you can suck up marshmallows.
4. Now, sweep your trunk towards your mouth to drop in the marshmallows as you come back up.
5. Then bring your trunk down.
6. Breathe and enjoy the pose.
7. Repeat this pose on the other side of your body.

Slide 11: Breathing

We practise breathing to make our breath longer and so we can feel steadier. Remember to take a new breath in whenever you need to. As you breathe out, imagine a thin and tiny vine growing towards the centre of the room. Breathe in and start again whenever you need to. Now, imagine the vine getting thicker and stronger. Notice how your breath can spiral towards the centre of the room.

Slide 12: Relaxation

Lie on your side or your back. Lie in a space of your own, not touching anyone else. Look at the ceiling or close your eyes. Now it's time to rest. You're ready for a peaceful story.

Slide 13: Relaxation Story

This is what the birds said. You are in the loveliest jungle you have ever seen. Sunlight comes through the trees. You feel peaceful and relaxed. You enjoy looking at the different sorts of green leaves. There is a pool with giant lily pads.

<p>Main Section</p>	<p>The lily pads lead you to the largest flower you have ever seen. It is a marshmallow lotus flower and it is as wide as a bed. Each petal is as soft as silk. You snuggle down into the silky petals and take a nap. As you lie there, the flower very gently rocks you. You feel so happy. A little bird comes down and sits beside you. Notice the bird; its bright colours, its feathers and the way that it moves. It starts to sing a song. It sings a special song just for you. The song makes your heart swell and you feel happy from the tips of your toes to the tip of your nose. At the end of its song, the little bird takes a bow and flies off up into the trees again.</p> <p>Slide 14: Meditation Meditation is the trickiest part of yoga. Shortly, we are going to learn how to sit quietly for a whole minute. This will help you make your mind strong. Sit comfortably.</p> <p>Slide 15: Lotus Meditation Look at the centre of the lotus flower and stay focused. Keep breathing evenly. Keep your gaze on the flower or close your eyes. Stay focused and relaxed. (Click the timer to begin.)</p>
<p>Closing:</p>	<p>Slide 16: Namaste. Have a lovely day. Be peaceful and happy. Namaste.</p>